I CLAIM:

1. A surgical retractor blade comprising:

an elongated body comprising a surface suitable for abutting against soft delicate tissue, a retractor engagement end, and comprising a first anchor guide portion for receiving an anchor, and

a first anchor positioned through the first anchor guide portion, having a first end suitable for anchoring into bone.

2. The surgical retractor blade of claim 1, wherein the elongated body further comprises a portion having a slip resistant surface for contact with bone.

3. The surgical retractor blade of claim 1, wherein the anchor comprises a second end suitable for engagement with a distractor.

4. The surgical retractor blade of claim 1, wherein the anchor is selected from the group consisting of pins, screws, pegs, rods, and fasteners.

5. The surgical retractor blade of claim 1, further comprising a second anchor guide portion for receiving an anchor, and

a second anchor positioned through the second anchor guide portion and into the bone.

6. A surgical method for retracting tissue adjacent to bone comprising:

(A) making a surgical incision into tissue adjacent to bone sufficient to expose the bone;

(B) positioning a first anchorable surgical retractor blade in the incision, wherein the blade comprises:

an elongated body comprising a surface suitable for abutting against soft delicate tissue, a retractor engagement end, and

comprising a first anchor guide portion for receiving an anchor;

(C) positioning a complimentary surgical retractor blade in the incision;

(D) affixing the first anchorable and complimentary retractor blades to a retractor;

(E) operating the retractor to retract the tissue and expose the bone;

(F) positioning a first anchor through the first anchor guide portion and into the bone.

7. The surgical retractor blade of claim 1, wherein the elongated body further comprises a portion having a slip resistant surface for contact with bone.

8. The method of claim 6, wherein the anchor comprises a second end suitable for engagement with a distractor.

9. The method of claim 6, wherein the anchor is selected from the group consisting of pins, screws, pegs, rods, and fasteners.

10. The method of claim 6, wherein the first retractor blade further comprises a second anchor guide portion for receiving an anchor, and wherein step (F) of the method further comprises positioning a second anchor through the second anchor guide portion and into the bone.

11. The method of claim 6, wherein step (B) further comprises positioning a second anchorable surgical retractor blade in the incision, wherein the second blade comprises an elongated body comprising a surface suitable for abutting against soft delicate tissue, a retractor engagement end, and comprising a second anchor guide portion for receiving an anchor, and wherein step (F) further comprises positioning the first anchor through the second anchor guide portion; and wherein step (D)

further comprises affixing the second anchorable retractor blade to the retractor.

12. The method of claim 6, wherein step (B) further comprises positioning a second anchorable surgical retractor blade in the incision, wherein the second blade comprises an elongated body comprising a surface suitable for abutting against soft delicate tissue, a retractor engagement end, and comprising a second anchor guide portion for receiving an anchor, and wherein step (F) further comprises positioning a second anchor through the second anchor guide portion and into the bone; and wherein step (D) further comprises affixing the second anchorable retractor blade to the retractor.

13. The method of claim 6, further comprising:

(G) affixing the first and second anchorable retractor blades to a distractor;

(H) operating the distractor to distract the bone.

14. A retractor blade kit comprising:

a first elongated body comprising a surface suitable for abutting against soft delicate tissue, a retractor engagement end, and comprising a first anchor guide portion for receiving an anchor, and

a first anchor positionable through the first anchor guide portion, having a first end suitable for anchoring into bone.

15. The surgical retractor blade kit of claim 13, further comprising:

a second elongated body comprising a surface suitable for abutting against soft delicate tissue, a retractor engagement end, and comprising a second anchor guide portion for receiving an anchor, and

wherein the first anchor is further positionable through the second anchor guide portion.

16. The surgical retractor blade kit of claim 13, wherein the elongated body further comprises a portion having a slip resistant surface for contact with bone.

17. The surgical retractor blade kit of claim 13, wherein the anchor comprises a second end suitable for engagement with a distractor.

18. The surgical retractor blade kit claim 13, wherein the anchor is selected from the group consisting of pins, screws, pegs, rods, and fasteners.

19. A surgical retractor comprising:

a first arm having a finger grip section,

a second arm having a finger grip section, and pivotally connected to the first arm,

a first surgical retractor blade supported by the first arm, comprising

an elongated body comprising a surface suitable for abutting against soft delicate

tissue, and comprising an anchor guide portion for receiving an anchor, and

an anchor positioned through the anchor guide portion, having a first end suitable for anchoring into bone.

20. The surgical retractor of claim 19, wherein the elongated body further comprises a portion having a slip resistant surface for contact with bone.

21. The surgical retractor of claim 19, wherein the anchor is selected from the group consisting of pins, screws, pegs, rods, and fasteners.

22. The surgical retractor of claim 19, further comprising:

a distractor in engagement with the anchor.

23. The surgical retractor of claim 19, further comprising, a complimentary retractor blade paired with

the first surgical retractor blade, supported by the second arm.

24. The surgical retractor of claim 19, further comprising:

a second surgical retractor blade supported by the first arm, comprising

an elongated body comprising a surface suitable for abutting against soft delicate tissue, and comprising an anchor guide portion for receiving an anchor, and

an anchor positioned through the anchor guide portion, having a first end suitable for anchoring into bone.

25. The surgical retractor of claim 19, further comprising, two complimentary retractor blades paired with each of the first and second surgical retractor blades, with these complimentary retractor blades supported by the second arm.

26. A method of retracting tissues adjacent a bone, using a retractor blade comprising a surface suitable for abutting against tissue, and comprising an anchor guide portion for receiving an anchor, and using an anchor positionable through the anchor guide portion, having a first end suitable for anchoring into bone, the method comprising:

(a) placing said retractor blade in a wound opening;

(b) retracting tissues surrounding the wound opening with the retractor blade;

(c) positioning the retractor blade against the bone;

(d) positioning the anchor through the anchor guide; and

(e) securing the anchor in the bone.